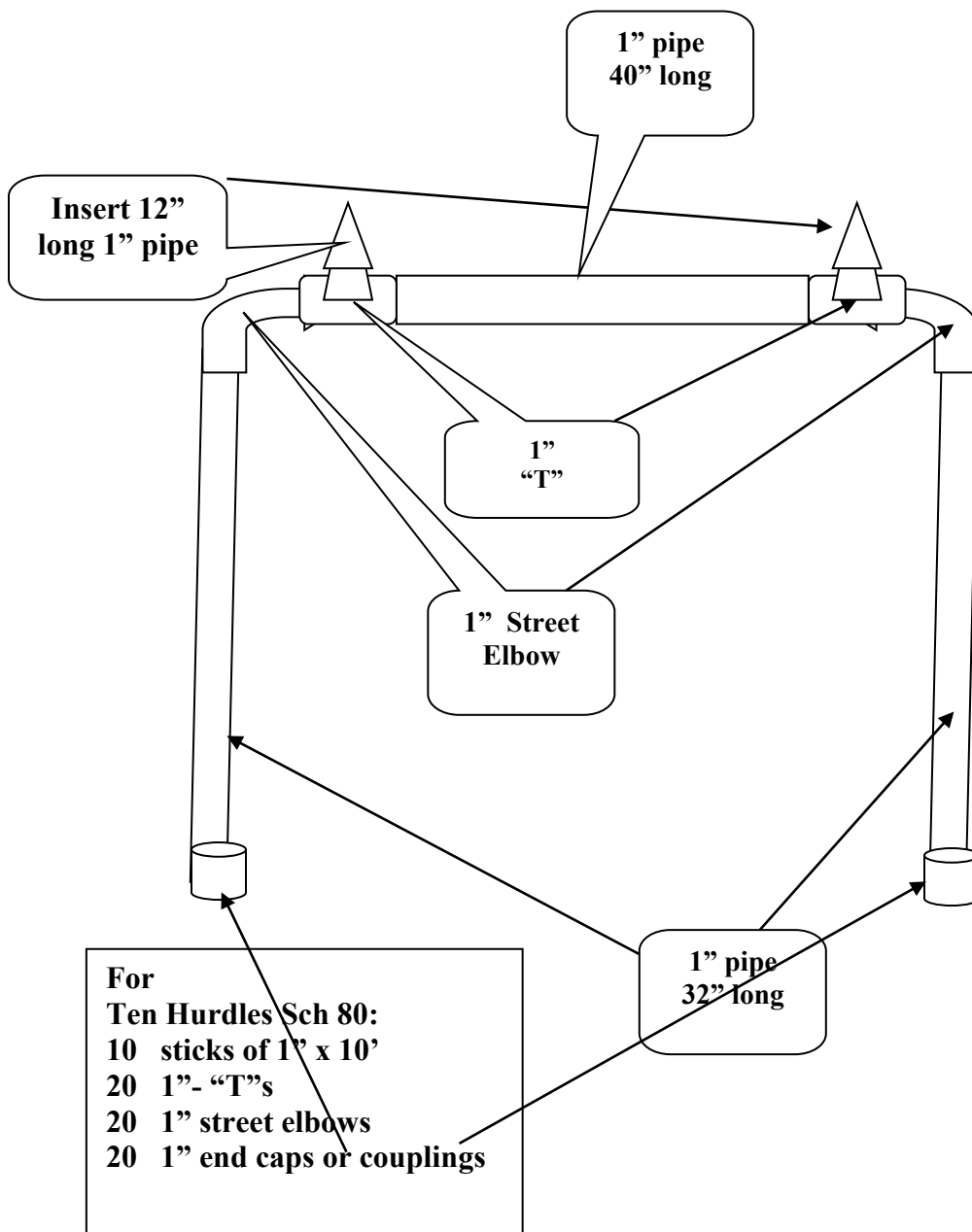
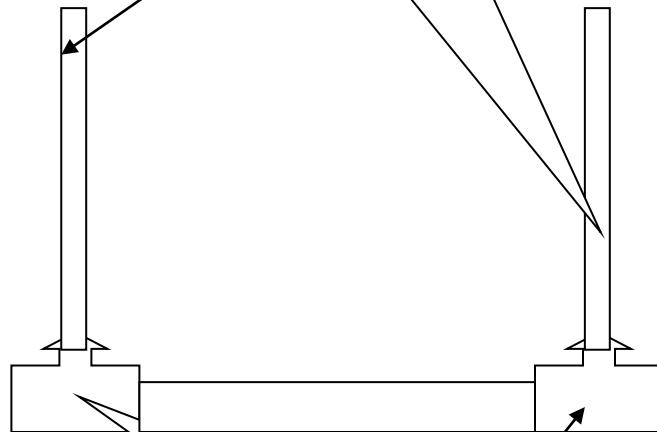




THESE ARE DESIGNED FOR HEAVY USE

1" risers cut to a height such that when the cross member is installed the height from the ground to the top of the cross-member is 28" to 30"

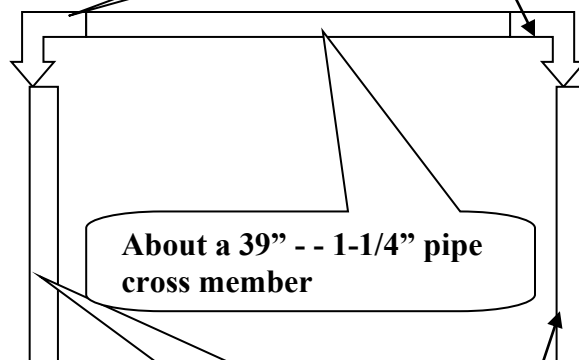


For Cross Bar and Slider

20 1-1/4" elbows
4 sticks of 10' of 1-1/4" pipe Sch 40
1 stick of 10' 1-1/4" for the spacers

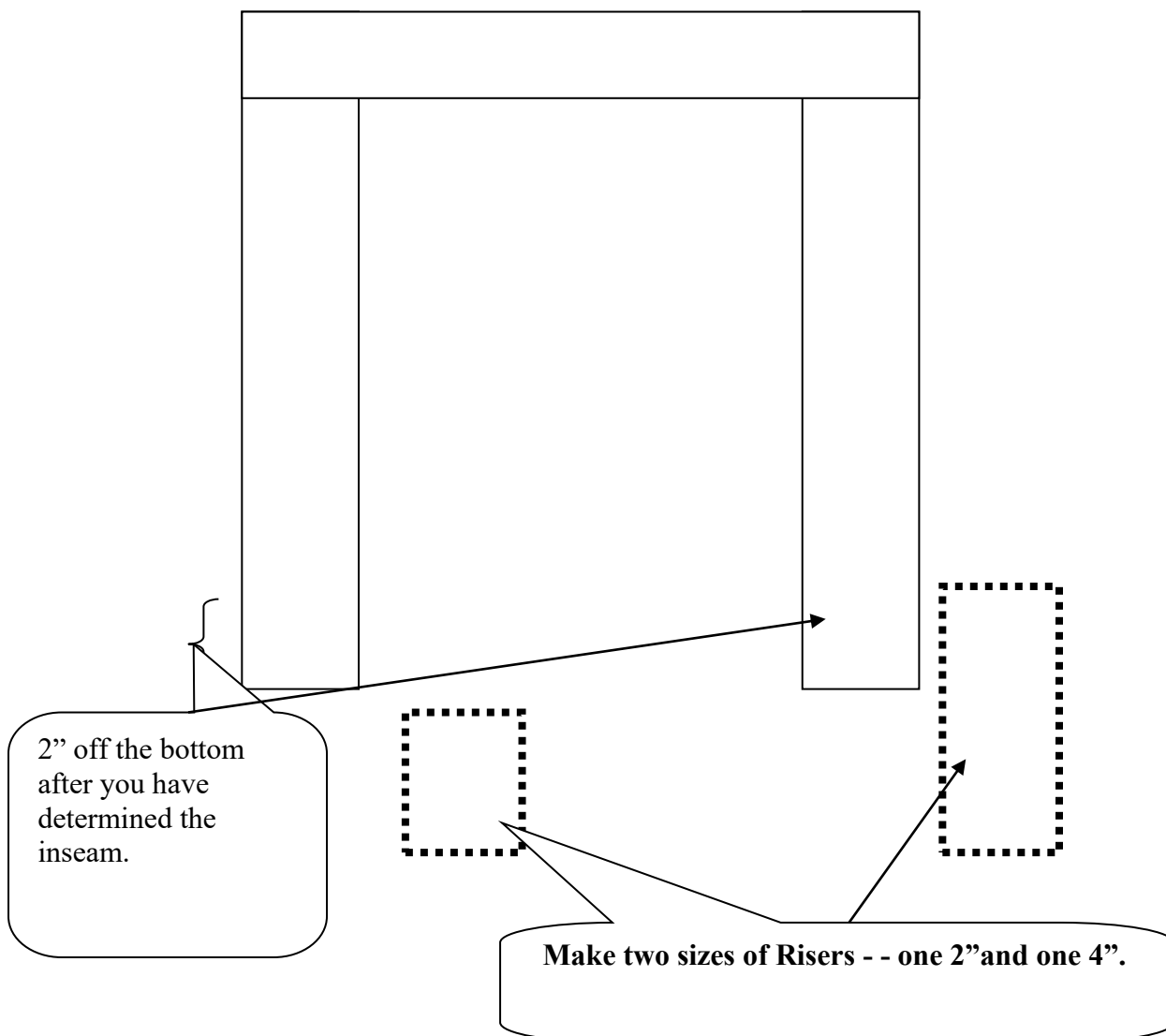
This represents the 1" "T" along with the Approx 40" long connector pipe

1-1/4" Elbows



About a 39" - - 1-1/4" pipe cross member

1-1/4" pipe covering the risers - - - cut to length such that the cross member is 28" to 30" off the ground (about 24" to



The 2" would be for "inseam height" and the 4" would be two inches above the inseam and no spacers would be 2" below the inseam.

500 hurdles every other day

100 hurdles to warm up before a meet or event

Start with 2 lbs on each ankle at the 2" low height for one month

Then go to inseam height for one month

Then go to 2" above inseam for the third month

Every three months go up 2 pounds.

Opposite days are cardio days aka sprint drills and the like